

## Home Treatment of Respiratory Infections including COVID-19

Adapted from World Council of Health guidelines 22 September 2021 <sup>1</sup>

The suggestions in this guide do not replace medical advice from your doctor. If you experience symptoms such as breathlessness, high fever, severe cough, or a drop in oxygen saturation, as measured by finger pulse oximeter, you should seek medical attention.

This guide will help you treat Covid illness effectively at home. Covid-19 should be treated early, with a combination of therapies, and treated aggressively to avoid more serious consequences of the illness. It will help to have a thermometer and finger pulse oximeter on hand to monitor temperature and oxygen saturation respectively. For more details refer to the resources at the end of this checklist.

### Immune support

- Vit D3 (cholecalciferol) - 2 x 50,000 IU capsules as a single one-off dose, on first day of treatment and 2-5,000 IU daily for weeks following <sup>2</sup>
- Lypospheric Vitamin C - 2 x 1,000 mg daily  
(can be increased to 2 x 1,000 mg every 4 hours for first day)
- Zinc 30 -50 mg daily
- Sunlight: If possible, get some daily sun exposure (UVB triggers synthesis of vitamin D3 subcutaneously and near infra-red-light exposure improves covid outcomes) <sup>3</sup>
- Quercetin 500 mg - 1 tablet daily
- Melatonin - 5 mg at bedtime

### Antiviral

- Ivermectin - 12 mg daily for 5 days (unavailable in New Zealand) <sup>4 5</sup>
- Black seed oil (Nigella sativa) 40 mg/day and as alternative if ivermectin unavailable
- Mouth wash - Nutribiotic throat spray or Betadine mouth wash 3 x daily  
Studies have also shown that gargling with a saline solution is also effective
- Alternatively - nebulised hydrogen peroxide following Thomas Levy protocol <sup>6</sup>
- Saline nasal rinses 2-3 times daily (see attached guide)
- Humming and Buteyko Breathing exercises at regular intervals

### **Breathing to support immunity**

Breathing exercises that focus on nasal and diaphragmatic breathing can help speed recovery from respiratory infections. Follow these links to some breathing exercise and guidelines for healthy breathing. This can help get your breathing on-track but are not Buteyko breathing exercises, which can only be learned on a [certified practitioner](#) led course.

1. [The Art of Breathing](#)
2. [Breathing to Boost Immunity](#)
3. [Diaphragm breathing](#)

A respiratory infection can significantly disrupt your breathing pattern. If you are experiencing prolonged symptoms post infection, including long-covid we encourage you to book in for a [breathing assessment](#) including capnometry to help get you back on track.

### **Anti-inflammatory**

- Ibuprofen - 400 mg up to 3 x daily
- N-Acetylcysteine - 600 mg 1-2 x daily for 7 days <sup>7</sup>
- Antihistamine - (use as directed, as needed)

### **Anticoagulant**

- Aspirin - 300 mg daily
- Ginger Tea, Gingko Biloba, Omega 3 and Nattokinase are preferable natural alternatives to aspirin.
- Nattokinase, has many benefits to human health and may also inhibit SARS-CoV-2 infection via spike protein degradation. <sup>8</sup>

### **Symptom Support**

- [Harker Herbals Vira Guard](#)
- [Artemis ViroGone](#)

## Rest

Perhaps the most important advice for recovery is to rest. Going back to work or vigorous physical exercise too soon in recovery can lead to setbacks and contribute to ongoing fatigue. While it may sound contradictory you should rest more but don't oversleep. The best sleeping position is on your left side. However, lying in any position for longer than 8 hours at a time can trigger breathing-related symptoms and prolong your infection.

## Hydration

Increase the consumption of clear fluids and unsweetened fruit juices to keep well hydrated and help flush out pathogens.

## About this guide

These suggestions including breathing exercises and guidelines are to relieve symptoms of respiratory infections and help get you on track to healthy, functional breathing. The guide does not constitute all or part of the Buteyko breathing re-training programme. We recommend anyone who snores, suffers from sleep apnoea, asthma, chronic nasal congestion, hay fever, frequent respiratory infections, chronic fatigue, cardiovascular problems, or anxiety to consider booking a breathing assessment or enrolling on a Buteyko clinic breathing retraining programme.

**"All chronic pain, suffering and diseases are caused  
from a lack of oxygen at the cell level."**

Professor Arthur Guyton Textbook of Medical Physiology 1956  
(Now in its 14<sup>th</sup> Edition, 2020)

## Buteyko clinic services

### Private consultation and breathing assessment

The consultation includes a full breathing assessment including a capnography evaluation. You will be shown some breathing exercises and guidelines to help alleviate symptoms and get started on the path to better breathing and health.

The fee for a one-hour consultation is \$155.00 including GST.

The consultation can help in assessing the suitability of a course and tailor the programme to best address your symptoms.

### About capnography

Capnography measures breathing parameters, including the level of carbon dioxide in exhaled air. Contrary to popular belief the body requires an optimal level of this gas and low levels can contribute to the disorders listed below. Capnometry shows how your breathing pattern may be contributing to symptoms and how to correct ingrained breathing habits to relieve symptoms.

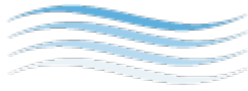
More about capnography [>>>](#)

### Buteyko Breathing Course

The course includes six sessions in total: four 90-minute sessions in the first week of the programme, one group session the following week, and one individual session at approximately 6 weeks. The course fee is \$795 (including GST). An early bird rate of \$750 is available if paid 1 week before the course. A discounted course fee of \$590 is offered to additional family members enrolled on the same course. The fee covers all six sessions and support as needed for six weeks from commencement of the programme. Participants also receive a course manual and access to downloads in the [client only page](#) on our website.

### Booking a consultation or course

A course timetable is available on our [website](#). Consultations and courses can be [booked online](#) or by contacting the clinic on + 64-9-360 6291 [info@buteykobreathing.nz](mailto:info@buteykobreathing.nz).



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## Resources

- [AAPS Guide to Home-Based COVID Treatment](#)
- [FLCCC I-MASK Prevention & Early Outpatient Treatment Protocol For COVID-19](#)
- [British Ivermectin Recommendation Development \(BIRD\)](#)

## References

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- <sup>1</sup> [World council for health early-covid-19-treatment-guidelines](#)
  - <sup>2</sup> [Schwalfenberg, G. Vitamin D for influenza Can Fam Physician 2015 Jun; 61\(6\): 507](#)
  - <sup>3</sup> [Near Infrared Light \(940nm\) Improves COVID Outcomes](#)
  - <sup>4</sup> [Kerr L. et al. Cureus. 2022 Jan 15;14\(1\):e21272.](#)
  - <sup>5</sup> <https://www.medsafe.govt.nz/safety/Alerts/ivermectin-covid19.htm>
  - <sup>6</sup> [Thomas E Levy, Rapid Virus Recovery](#)
  - <sup>7</sup> [Shah Alam, M. J Adv Vet Anim Res. 2023 Jun; 10\(2\): 157–168.](#)
  - <sup>8</sup> [Tanikawa, T. et al. Molecules. 2022 Aug 24;27](#)